

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



HYDRATION

THE IMPORTANCE

Hydrate - your body depends on it! Drinking enough water each day is crucial - from regulating body temperature, to keeping organs functioning properly it is imperative that you drink up! Being well-hydrated also improves sleep quality, cognition, and mood.

BRAIN HEALTH

6 PILLARS

Your brain needs a wellness routine. What you eat and drink, how much you exercise, how well you sleep, socializing, and how you manage stress are all critically important to your brain health.

SPRING SKIN CARE

SUN SAFETY

Spring is here...it is time to get out and enjoy the many benefits of the outdoors, including the sun. But be sure to protect your skin from the UV rays. Use sunscreen and wear protective clothing or find shelter under an umbrella or a hat.



RIDE, RIDE, RIDE!

There is still time to sign-up for Bike Month (May). Log rides, miles and win prizes. Using a bicycle for transportation reduces emissions and helps the environment, plus the benefits to your health are innumerable. Check out the [Ecology Action website here](#) for more information and event schedule.

Delicious Recipes

Interested in trying a new recipe. This week, we're introducing a handful of healthy recipes, but not sharing all the images. You'll have to click on the link for a visual and the recipe. [Sesame Quinoa & Tofu Thai Bowl](#), [Portuguese Fish Stew \(Caldeirada\)](#), [Soba Noodle Salad](#), and [Vegan Peanut Butter Cookies](#).



“Believe you can and you’re halfway there.”

-Theodore Roosevelt

USE YOUR EARS TO BE PRESENT.

Close your eyes and listen carefully. Focus on the sounds that let you hear where you are.



#DeStressMonday

DeStressMonday.org



DESTRESS MONDAYS

LISTEN IN A NEW LIGHT – MINDFULLY

Mindful listening keeps you present in the moment. It enables you to better understand what people are saying, physically and emotionally so you engage in richer, more meaningful communications.

When others are speaking, it's easy for your thoughts to wander. Suddenly you may realize you don't remember what was just said. Mindful listening keeps you present. Click [here](#) to learn more.

EMPLOYEE ASSISTANCE PROGRAM

LEGAL SERVICES

You are eligible for an initial free telephonic or face-to-face legal consultation per separate legal matter, with a network attorney. If you want to retain an attorney after the initial consultation, you get a reduced normal hourly rate or flat rate based on the legal matter.

For more information log into MHN EAP by clicking [here](#). Use company code: santacruz

